

# Warning Signs

Early and regular prenatal care is the best way to prevent problems in your pregnancy. Most pregnancies do not have problems and end with the birth of a healthy baby. However, when warning signs do occur, being aware of them early and taking care of them may prevent serious problems.

- It is important that you recognize these early warning signs, so that you can contact your health care provider right away:
- Any bleeding from the vagina, rectum, nipples, or lungs (coughing blood)
- Swelling or puffiness of the face or hands
- A sudden, unexplained weight gain
- Swelling of the legs that happens suddenly or does not go away overnight
- Dim or blurred vision, flashes of light or spots before your eyes
- Sharp or long lasting pain in your belly that does not go away when you change your position
- Chills and/or fever
- Any sudden loss or leaking of fluid from the vagina

If you are having any of these warning signs during pregnancy, do not wait for your next checkup!!

**Contact your health care provider right away! !**